

# DINNERLY



## Reduced-Carb Beef Cobb Salad with Tangy Mustard Dressing



25 minutes



2 Servings

This is our riff on the popular American chopped chicken and garden salad. We've swapped chicken for pan-fried beef strips marinated in a smoky barbecue seasoning, and finished with a handful of toasted walnuts.



## WHAT WE SEND

- 1 Lebanese cucumber
- 1 tomato
- beef stir-fry
- 5g smoky barbecue seasoning<sup>17</sup>
- 20g walnuts<sup>15</sup>
- 100g mixed salad leaves

## WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 2 eggs<sup>3</sup>
- 1 tbs red wine vinegar<sup>17</sup>
- 1 tsp dijon mustard<sup>17</sup>
- ½ tsp honey

## TOOLS

- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 525kcal, Fat 32.4g, Carbs 8.7g, Proteins 49.8g



### 1. Prep ingredients

Bring a small saucepan of water to the boil for the eggs. Thinly slice the **cucumber**. Cut the **tomato** into wedges. Crush or finely chop **1 garlic clove**. Separate the **beef stir-fry** into a bowl. Add the garlic, **barbecue seasoning** and **2 tsp olive oil**, season with **salt and pepper** and toss to coat.



### 2. Boil eggs

Cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and quarter the eggs.



### 3. Pan-fry beef

Meanwhile, put the **walnuts** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and cool slightly. Heat the same pan over high heat until very hot (see Kitchen 101). Cook the **beef**, stirring, for 2 mins or until browned. Remove from the pan.



### 4. Make dressing

Put **1½ tbs olive oil**, **1 tbs red wine vinegar**, **1 tsp dijon mustard** and **½ tsp honey** in a bowl, season with **salt and pepper** and whisk to combine.



### 5. Serve up

Coarsely chop the **walnuts**. Divide the **salad leaves**, **cucumber**, **tomato**, **beef** and **egg** among plates. Scatter over the walnuts, drizzle with the **dressing** and enjoy!



### 6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.